

THE SCHOOL FOR FIELD STUDIES



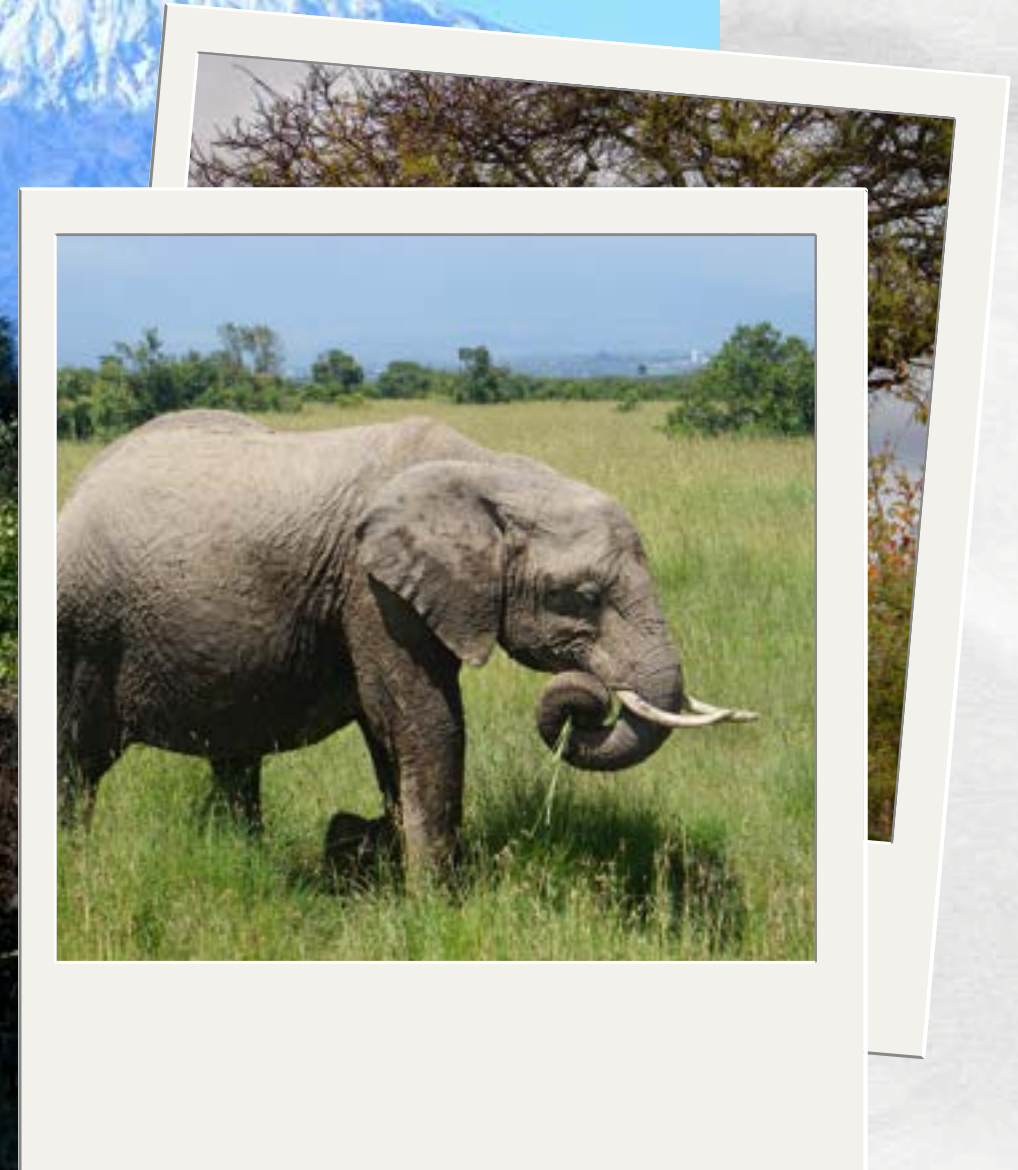
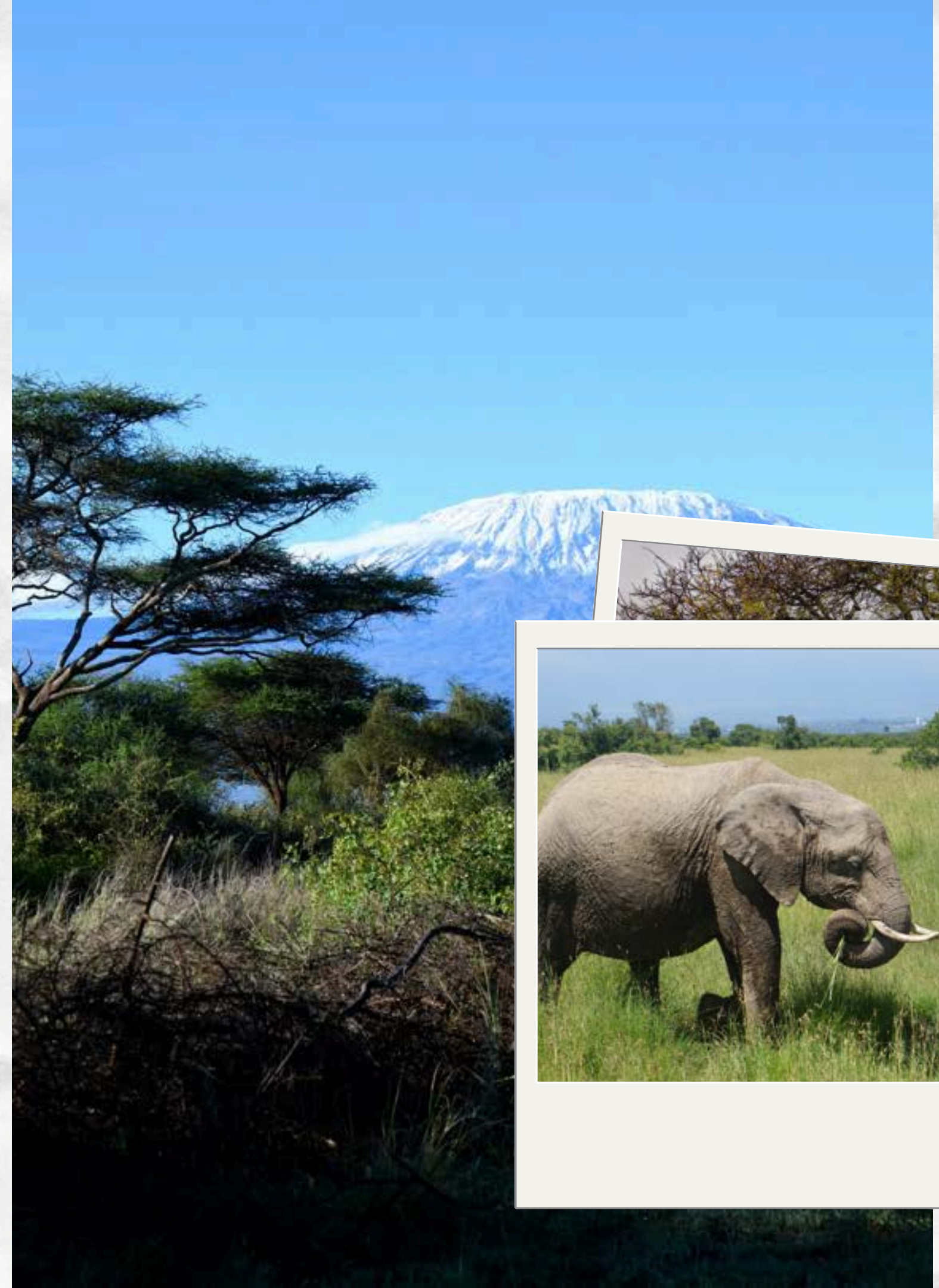
KENYA

A GUIDE TO PREPARE FOR YOUR
SFS PROGRAM

ADMISSIONS
DEPARTMENT

AGENDA

- **INFORMATION ABOUT KENYA**
- **LIFE ON PROGRAM**
- **PACKING**
- **HEALTH & SAFETY**
- **TRAVEL & NEXT STEPS**
- **CONTACT US**





KENYA

KENYAN CULTURE

LANGUAGE AND RELIGION

English and Swahili are official languages.

70+ languages spoken in country.

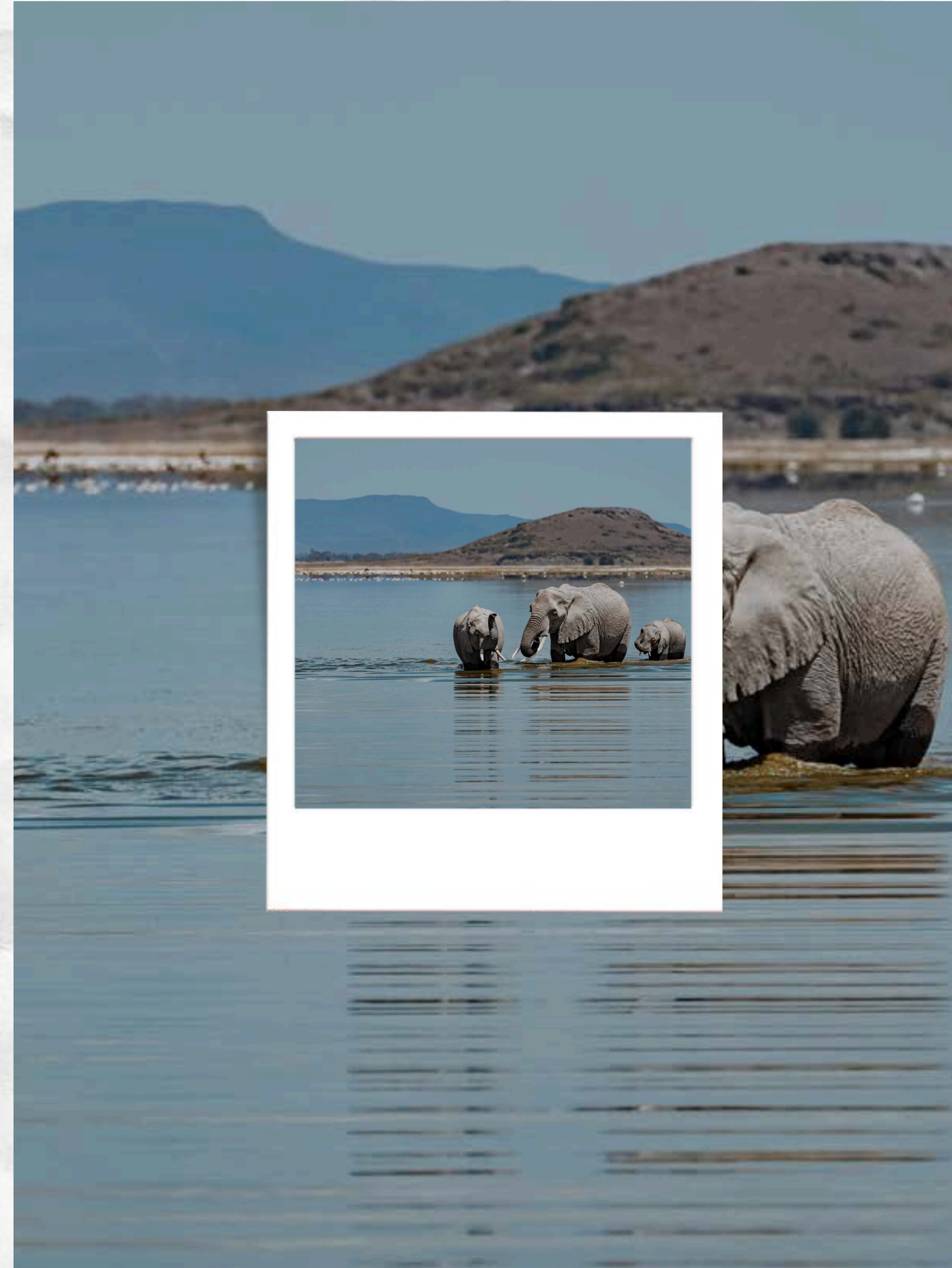
63% Christian 34% Muslim

LGBTQIA+

Highly conservative. Same-sex relationships are illegal, and views on LGBTQIA+ are largely negative. Gender separation is common, and public displays of affection are discouraged.

LOCAL LAWS AND CLOTHING

Strict drug laws. No public smoking. Dress conservatively (shorts to mid-thigh; no tank tops). Single-use plastic bags banned (not strictly enforced for foreigners).



RWANDAN CULTURE

LANGUAGE AND RELIGION

Official languages: Kinyarwanda, French, English and Swahili.

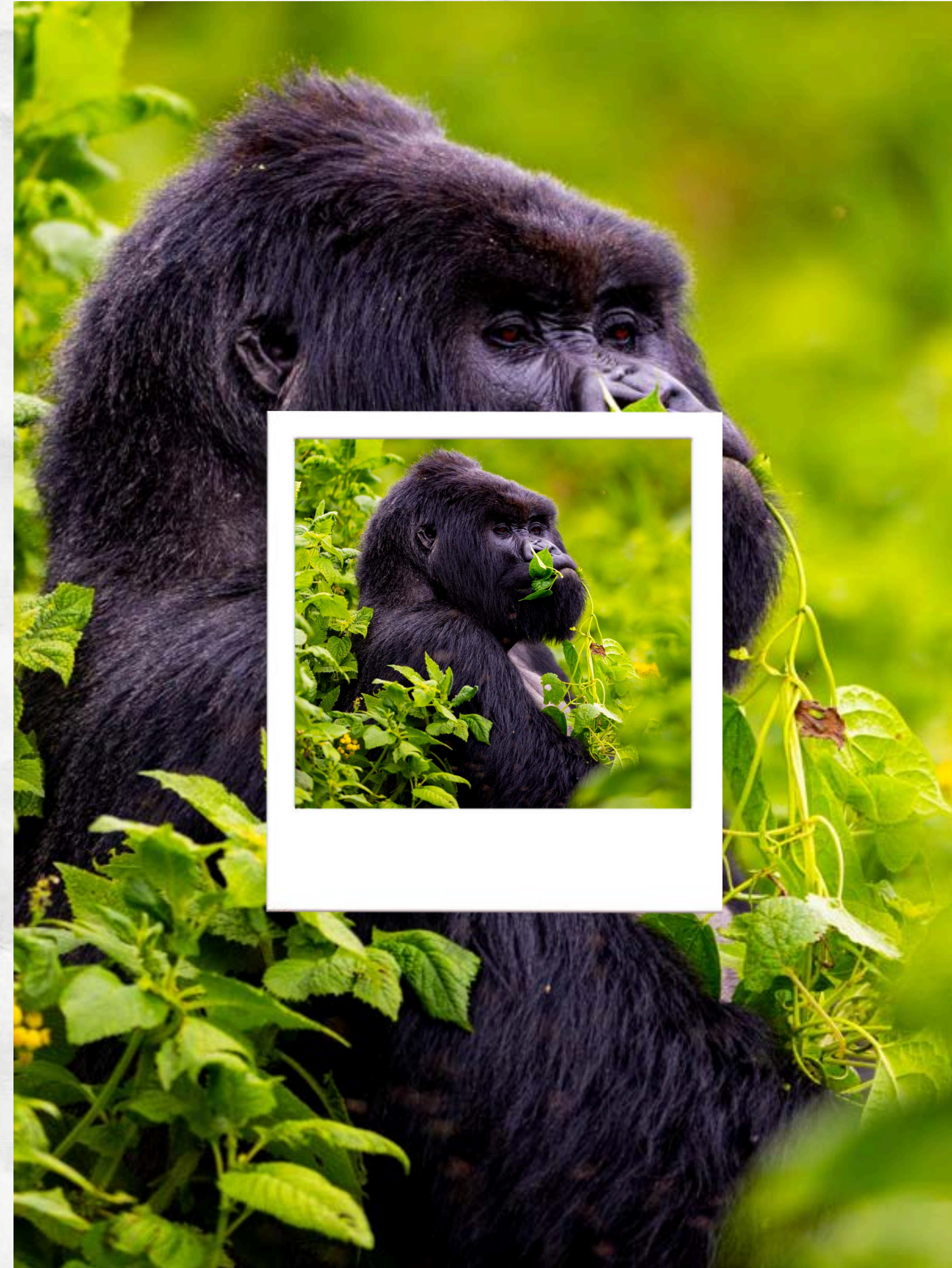
93% Christians

LGBTQIA+

Generally conservative. Same-sex relationships are legal, but LGBTQIA+ identities are often considered taboo and may face harassment. Gender segregation is common, and promiscuity and PDA are discouraged.

LOCAL LAWS AND CLOTHING

Drug laws are strict. Dress conservatively (shorts to mid-thigh; avoid tank tops and military patterns). Single-use plastic bags are banned (not strictly enforced for foreigners).



AN OPEN MIND IS KEY

- You chose to study abroad and embrace a new culture, both for its positives and negatives.
- You may feel frustration, but it is important to keep a positive mindset.
- You are not here to judge or change, but rather to learn and experience.



A group of Maasai men are gathered outdoors under a large, leafy tree. They are wearing traditional Maasai attire, including red and blue patterned shukas (cloths) and beaded necklaces. Several men are holding long wooden spears. The scene is brightly lit, suggesting a sunny day. The background shows more trees and a clear sky.

LIFE ON PROGRAM

HOUSING, SCHEDULE & FOOD

FIELD STATION

CAMPUS

- The SFS Center is located near Loitoktok, in the foothills of Mt. Kilimanjaro along the Amboseli–Tsavo corridor.

HOUSING

- Nine student cabins. Each cabin sleeps 2-4 students, en-suite bathrooms with fresh-water shower (warm water) and western-style toilet.
- All laundry must be done by hand and air dried.

AMENITIES + MORE

- Soccer field, volleyball court, basketball/tennis court, ping pong table, fire pit, and giant outdoor chess.

COMMUNITY LIVING

- Community living requires compromise and teamwork. You will work, eat, and relax together; personal time is extremely limited. Chore rotations will be assigned once on program.



RWANDA VISIT

ACCOMMODATION

- Hotel in large tourist town of Musanze (pop ~475,000).

HOUSING

- Each room sleeps 2-4 students. En-suite restrooms with showers (warm water) and western-style toilets.
- No alcohol is allowed at the hotel and no smoking in the rooms.

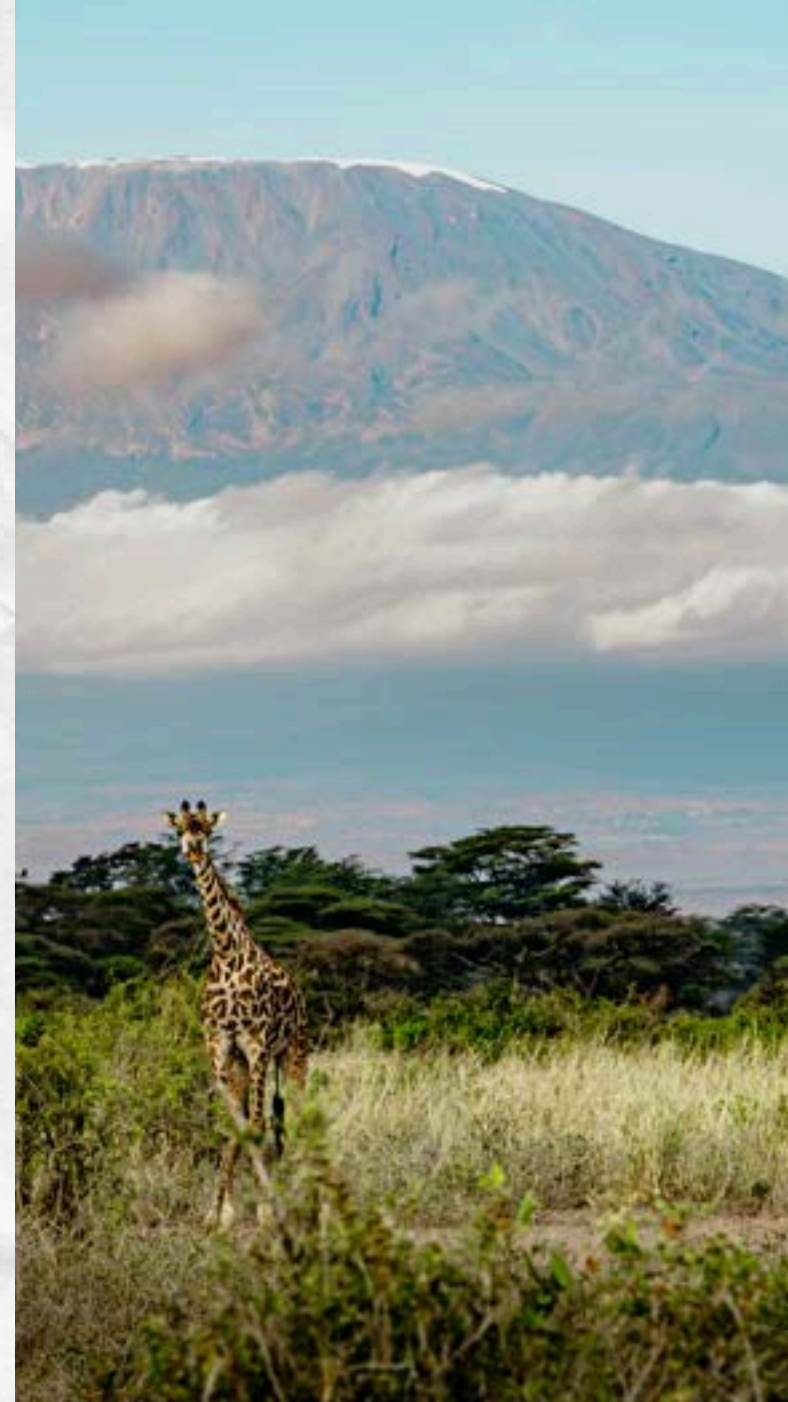
AMENITIES + MORE

- Shared hotel areas.
- Laundry can be washed at the hotel for a small fee.

COMMUNITY LIVING

- Community living requires compromise and teamwork. You will work, eat, and relax together; personal time is extremely limited. Chore rotations will be assigned once on program.

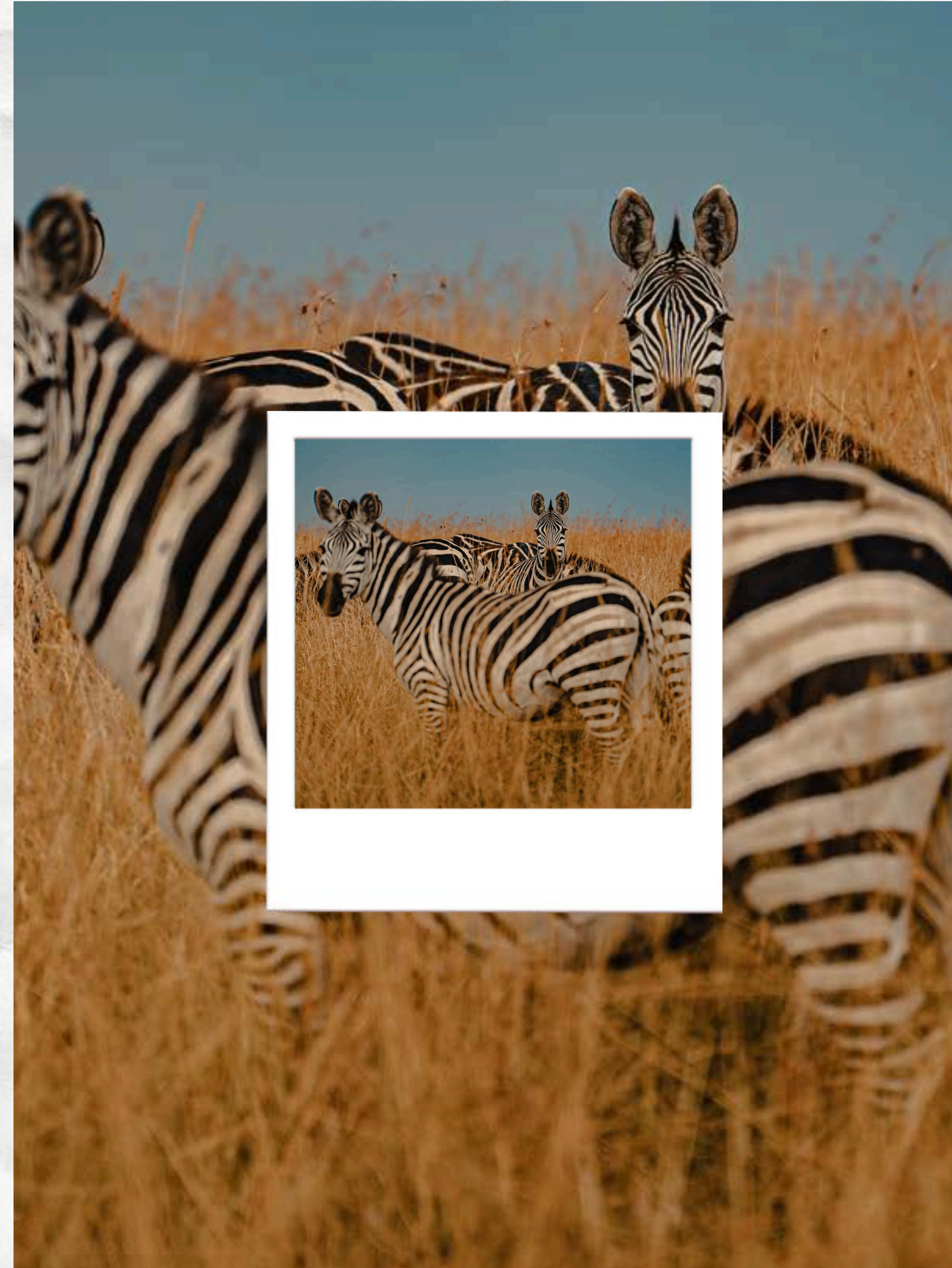
THE CENTER FOR ENDANGERED SPECIES CONSERVATION



CLASSROOM STANDARD

- Not an "easy A"
- Our coursework and research impact the community
- Grades must be earned

Schedule is high-intensity. Manage your time efficiently and use your days off to recharge. Use the utmost level of respect in your interactions with staff.



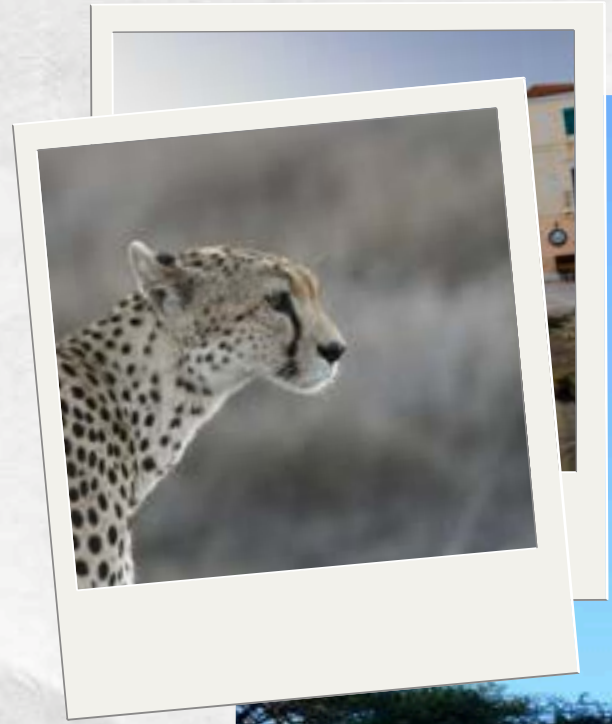
DAY IN THE LIFE



- Days are highly structured
- Typically, 7am - 8pm
- Some days are 100% in the field, while others are 100% classroom time
- Expect over half of your program time to be spent covering classroom-based theory
- All activities are mandatory- including group meals!
- We work around our partners, weather, and other circumstances, so you should expect the schedule to always be changing. It's important to have flexibility and a positive mindset!

PROGRAM POLICIES

- ✓ **Curfew and dry campus enforced (*)**
- ✓ **Smoking is allowed in designated areas**
- ✓ **No non-SFS guests at center/expeditions**
- ✓ **Sign out and buddy system**
- ✓ **No cannabis products (**)**



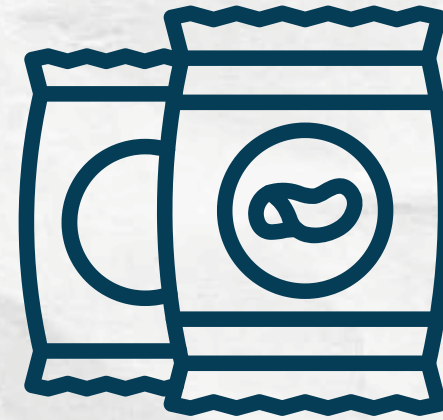
(*) Students may not leave camp/hotel during expeditions to visit friends/relatives.

(**) This includes medical marijuana and some types of CBD oil - contact Student Life before bringing any CBD product

WHAT'S ON THE MENU?



MEALS



SNACKS



FRESH WATER

Kenyan/Rwandan Breakfast Example: Eggs, pancakes, toast, fruit, and cereal.

Kenyan/Rwandan Lunch/Dinner Example: Rice, beans, vegetables, and meat.

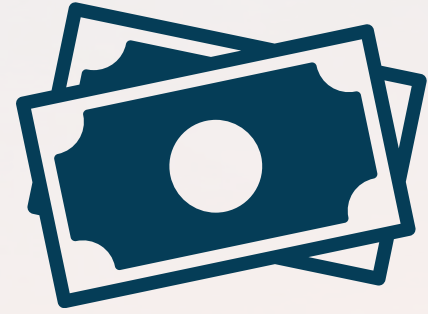
Familiar meals with East African twist. Oil and carb heavy.

SFS can support most dietary needs, but the variety of food will be extremely limited based on local availability and cost.

A close-up, side-profile shot of a woman with dark hair, wearing a patterned headscarf, holding a black DSLR camera with a lens cap removed. She is looking through the viewfinder. The background is a soft, out-of-focus warm tone.

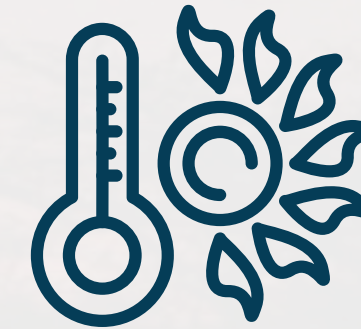
PACKING

WHAT SHOULD YOU BRING



CURRENCY

- Kenyan Shilling (KES) and Rwandan Franc (RWF)
- Cash based economies
- ATM access
- Notify your bank
- Visa and Mastercard cards must have a PIN; PIN-less cards will not work.



CLIMATE

- Average temp: 70°F
- Chilly at nights: 50°F

WHAT YOU SHOULD **BRING**

Please do read your **field guide** for an itemized look!



CLOTHING

TOILETRIES + MEDICATION



FIELD GEAR



ROOM NECESSITIES

FOR CLASSROOM



PACKING CONSIDERATIONS

FIELD WORK

Most field excursions will be spent in SFS vehicles.

Directed research fieldwork may involve long walks and household surveys.

Gorilla trekking requires moderate fitness.

TECHNOLOGY

Technology: Laptop + MS Office

Power: Kenya 240V/Type G;
Rwanda 230V/Types C/I

Electronics: Screen protector recommended; no local repairs

Internet: Unreliable; download content in advance

LUGGAGE

SFS has no luggage limitations, although your airline(s) might!

You will be responsible for transporting your own luggage.

HEALTH & SAFETY

MEDICAL CARE & MEDICAL REVIEW



ENVIRONMENTAL HAZARDS

- ✓ Sunburn, dehydration, etc.
- ✓ Snakes, monkeys, large carnivores*
- ✓ Mosquitoes, flies, etc.
- ✓ Infections and Insect borne illnesses
- ✓ Petty theft

(*) Elephants, hippos, rhinos, etc.

KENYAN MEDICAL CARE

BASIC MEDICAL

Center is located 30 minutes away from clinic.

ADVANCED MEDICAL

Center is 4 hours away from hospital in Nairobi.

ROUTINE VISITS

Routine medical visits are not feasible while on program.

MENTAL HEALTH

Scheduled telehealth appointments with mental health providers may not be feasible.

RWANDAN MEDICAL CARE

BASIC MEDICAL

Basic medical care is located 15 minutes from the hotel and about an hour from the Dian Fossey Campus.

ADVANCED MEDICAL

Center is 20 minutes away from hospital in Musanze.
For advanced care, center is located 2.5 hours from hospital in Kigali.

ROUTINE VISITS

Routine medical visits are not feasible while on program.

MENTAL HEALTH

Scheduled telehealth appointments with mental health providers may not be feasible.

COMMUNICABLE DISEASES & OUTBREAKS

SFS follows CDC and host-country health guidelines. Entry and pre-departure health requirements vary by country and may change based on current outbreaks. Students should review current travel and health guidance before departure, and SFS will notify students of any major updates.

Students who test positive for, or develop symptoms of, communicable illnesses may need to isolate. Close contacts may be asked to test or monitor for symptoms. Because supplies may be limited locally, students are encouraged to bring rapid tests and high-quality masks.

Students are responsible for any medical or isolation-related costs incurred abroad and should confirm, before traveling, that their international health insurance covers communicable diseases.

MEDICAL REVIEW



Complete your medical paperwork within 6 months of departure & before the due date



Schedule medical appointments in advance. SFS recommends consulting with a travel clinic in addition to your primary care physician



No student is permitted to participate on an SFS program until medical review has been completed



Obtain prescription medication prior to your departure. Yellow fever vaccine and Malaria medication required.



A photograph of two giraffes in a savanna landscape. The larger giraffe on the left is leaning its head towards the smaller giraffe on the right. The background features green grass, scattered trees, and a blue sky with light clouds. A large white text overlay is centered over the image.

NEXT STEPS

VISAS, FLIGHTS, & PAPERWORK

VISAS AND FLIGHTS

Travel Instructions sent at least 2 months prior to departure on buying your flights.

Kenyan Visa requirements available upon acceptance in your SFS Student Portal. You will need to purchase your flights to complete some visa items.

For US Citizens, your Rwandan visa will be granted upon arrival.

Airport Letter sent 1-2 weeks prior to departure with arrival instructions, what you need to enter/carry with you, current entry requirements, and emergency contacts.

AT THE AIRPORT



CUSTOMS & IMMIGRATION

Have your passport, health, & visa documents ready!

LUGGAGE

Afterwards, collect your luggage and leave the security area.

FINDING SFS

Find the designated meeting spot and look for SFS signs!

WAITING FOR OTHERS

You will need to wait for the rest of your cohort to arrive before heading to the center.

NEXT STEPS

TRAVEL

- Apply for or renew your passport—it must be valid for at least 6 months after arrival in Kenya (summer) or Rwanda (semester)
- Complete Visa Materials
- Book your flight

SET EXPECTATIONS

- Review the SFS field guide, financial planner, syllabus, and policies
- Talk with your family and friends about a realistic communication plan while you're in the field

MEDICAL

- Schedule all medical appointments
- Make a plan with specialists and/or mental health providers (if needed)
- Obtain prescription medication for the entirety of your program (if needed)
- See travel clinic (if desired)
- Schedule vaccinations (if needed)

FINANCES

- Pay for your program
- Apply for financial aid (if desired)

FOLLOW US ON SOCIALS



@THESFS
@THESFSKENYA

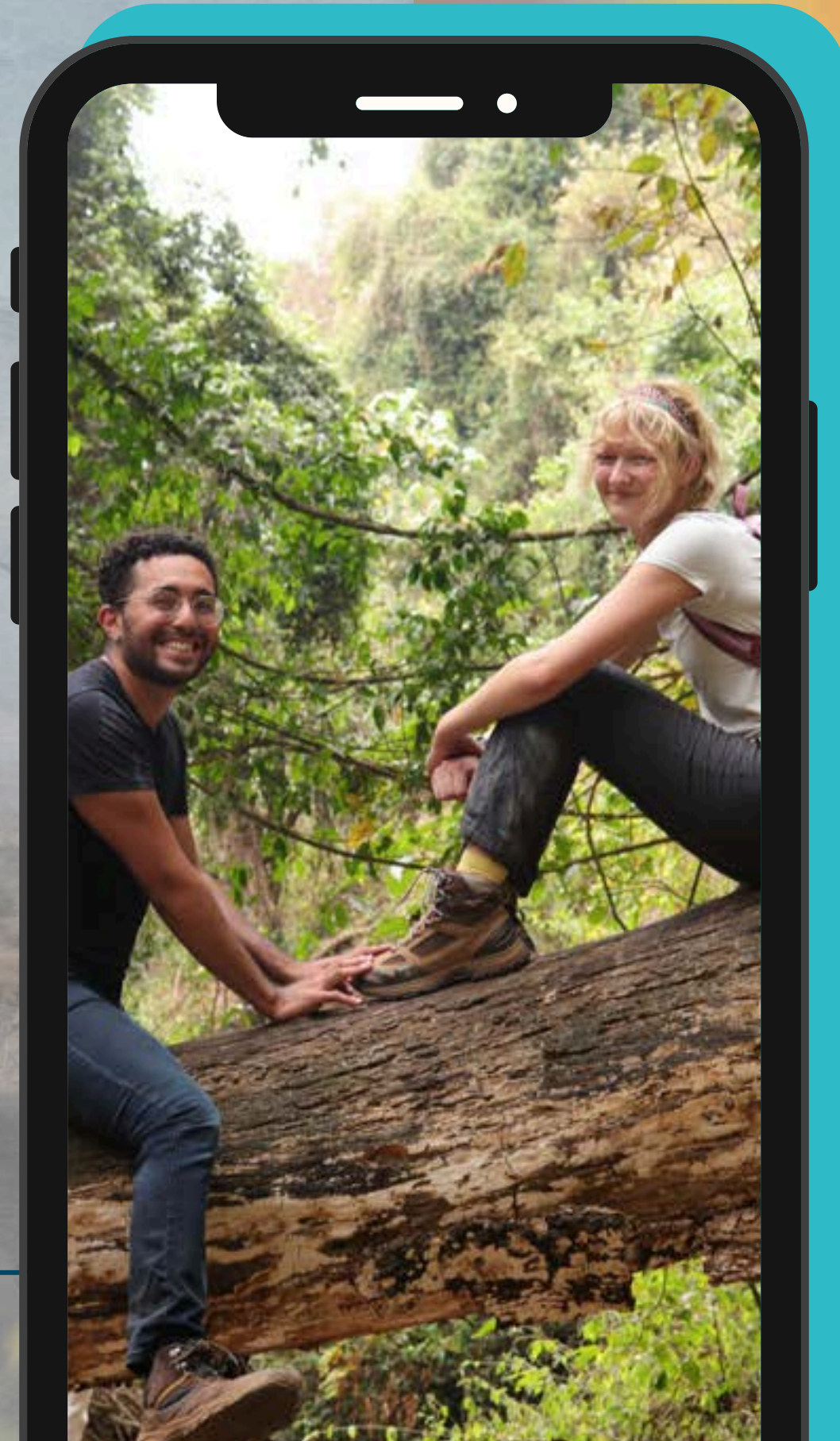


THE SCHOOL FOR FIELD STUDIES



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Tag us in your
posts @thesfs!





QUESTIONS?

Here is how you can get in touch:

MEDICAL + SAFETY

studentlife@fieldstudies.org

BILLING + FINANCIAL AID

billing@fieldstudies.org

ACADEMICS

academics@fieldstudies.org

GENERAL QUESTIONS

admissions@fieldstudies.org